ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4, Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457 089 009

Outside the UK: 0 (044) 113 387 7133
Fax: 0 (044) 113 387 7125

To help us assist you, please be prepared to give the following information:

- the MODEL NUMBER of the product (WETL31020)
- the NAME of the product (WESLO CADENCE® 950 treadmill)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING in the centre of this manual).

WESLO is a registered trademark of ICON Health & Fitness, Inc.

Part No. 182159 R0802A

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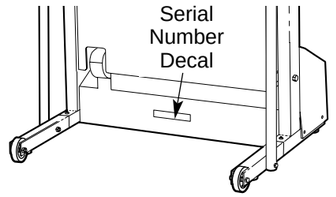
weslo® cadence 950

Model No. WETL31020
Serial No. _____

Write the serial number in the space above for future reference.



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

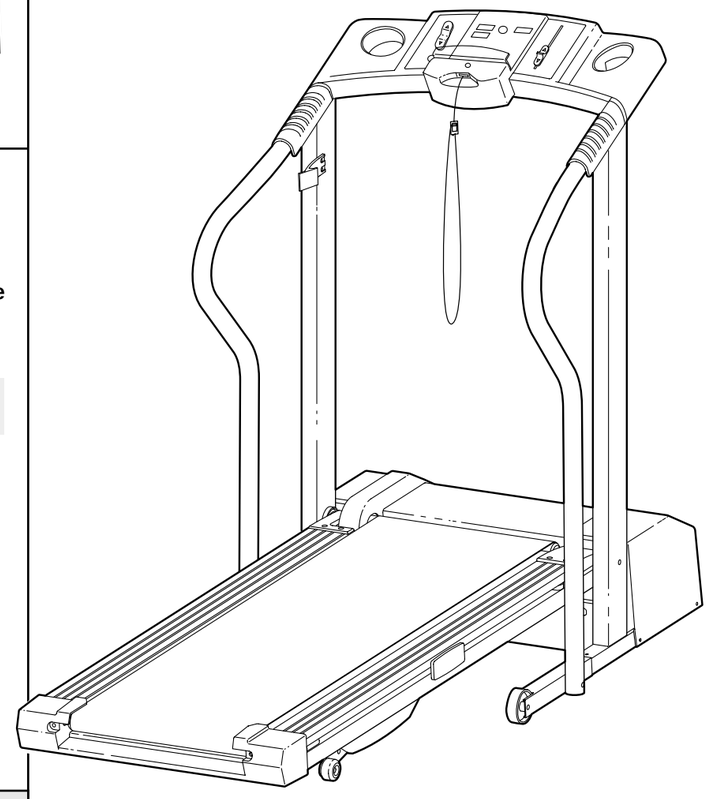
Or write:
ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

email: csuk@iconeurope.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



Visit our website at
www.iconeurope.com

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ORDERING REPLACEMENT PARTS . . . . . Back Cover

Note: An EXPLODED DRAWING and a PART LIST are attached in the centre of this manual.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

1. **It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.**
2. **Use the treadmill only as described.**
3. **Place the treadmill on a level surface, with at least 2.5 m (8 ft.) of clearance behind it and 0.5 m (2 ft.) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.**
4. **Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.**
5. **Do not operate the treadmill where aerosol products are used or where oxygen is being administered.**
6. **Keep children under the age of 12 and pets away from the treadmill at all times.**
7. **The treadmill should be used only by persons weighing 114 kg (250 lbs.) or less.**
8. **Never allow more than one person on the treadmill at a time.**
9. **Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.***
10. **When connecting the power cord (see page 7), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse, an ASTA approved BS1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used.**
11. **If you need an extension cord, use only a 1 mm² (14-gauge) cord of 1.5 m (5 ft.) or less in length.**
12. **Keep the power cord away from heated surfaces.**
13. **Never move the walking belt whilst the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See BEFORE YOU BEGIN on page 4 if the treadmill is not working properly.)**
14. **Never start the treadmill whilst you are standing on the walking belt. Always hold the handrails whilst using the treadmill.**

SUGGESTED STRETCHES

The correct form for several basic stretches is described below. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

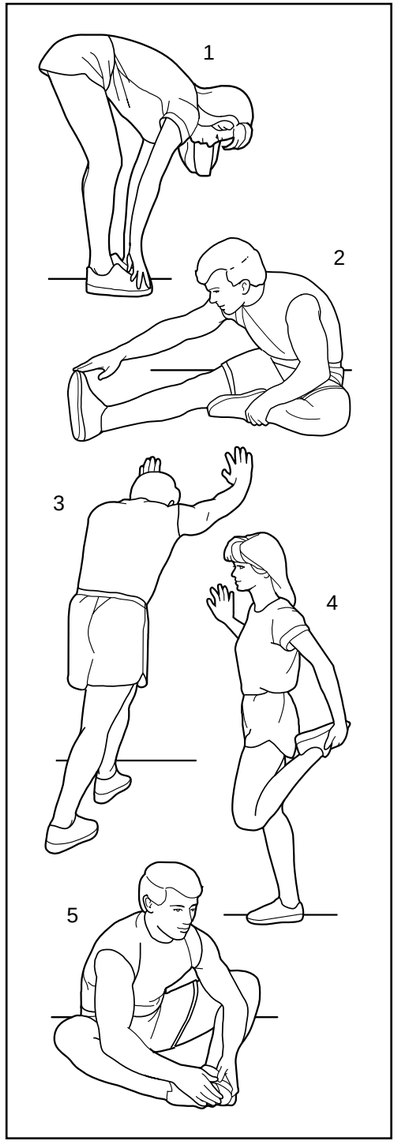
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



CONDITIONING GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

20	30	40	50	60	70	80	
165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥

To find the proper heart rate for you, first find your age near the top of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers below your age. The three numbers are your "training zone." The lower two numbers are recommended heart rates for fat burning; the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near one of the lower two numbers in your training zone.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the higher number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A Warm-up—Start each workout with 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—After warming up, increase the intensity of your exercise until your heart rate is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)

A Cool-down—Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

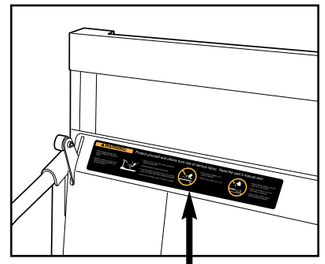
To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

15. **The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.**
16. **Never leave the treadmill unattended whilst it is running. Always remove the key and unplug the power cord when the treadmill is not in use.**
17. **The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**
18. **Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on pages 5 to 7, and HOW TO FOLD AND MOVE THE TREADMILL on page 10.) You must be able to safely lift 20 kg (45 lbs.) to raise, lower, or move the treadmill.**
19. **When folding or moving the treadmill, make sure that the storage latch is fully closed.**
20. **Inspect and properly tighten all parts of the treadmill regularly.**
21. **Never drop or insert any object into any opening.**
22. **DANGER: Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorised service representative. Servicing other than the procedures in this manual should be performed by an authorised service representative only.**
23. **This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, or institutional setting.**

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

The decal shown below has been placed on your treadmill. If the decal is missing or illegible, please call our Customer Service Department, to order a free replacement decal (see ORDERING REPLACEMENT PARTS on the back cover of this manual). Apply the decal in the location shown.



Note: The decal is shown at 38% of actual size.

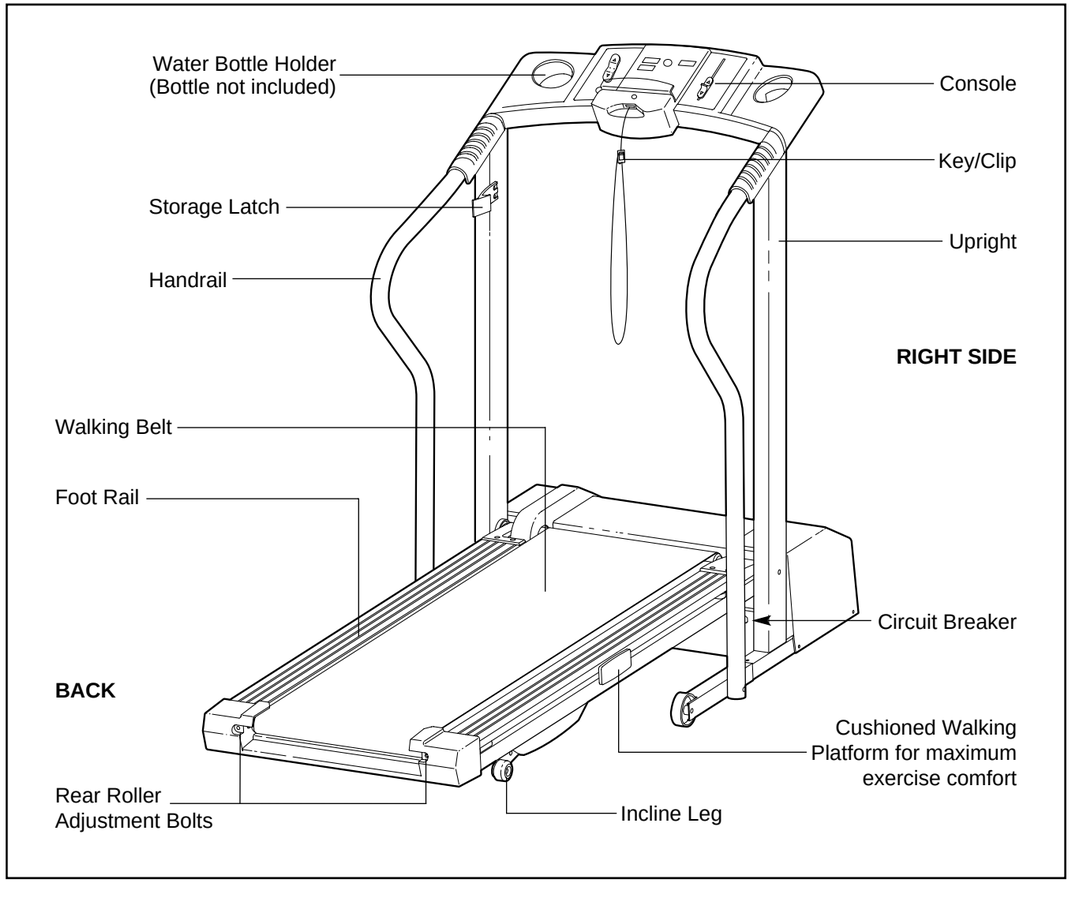
⚠WARNING:
Protect yourself and others from risk of serious injury. Read the user's manual and:
• Fully engage storage latch before treadmill is moved or stored.
• Reduce incline to lowest level before folding treadmill into storage position.
• Stand only on side rails when starting or stopping treadmill.
• Change speed in small increments.
• Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
• Stop if you feel faint, dizzy, or short of breath.
• Never allow children on or around treadmill.
• Remove key when not in use.
• Keep clothing, fingers, and hair away from moving belt.
• Never try to adjust or fix the belt while it is moving.
• Always wear athletic shoes while operating treadmill.

BEFORE YOU BEGIN

Thank you for selecting the WESLO CADENCE® 950 treadmill. The CADENCE 950 combines advanced technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home. And when you're not exercising, the CADENCE 950 can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have additional questions, please call our Customer Service Department at **08457 089 009.** To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is WETL31020. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

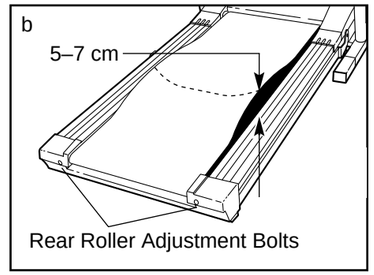
Before reading further, please familiarise yourself with the parts that are labelled in the drawing below.



PROBLEM: The walking belt slows when walked on

SOLUTION: a. If an extension cord is needed, use only a 3-conductor, 1mm² (14-gauge) cord that is no longer than 1.5 m (5 ft.).

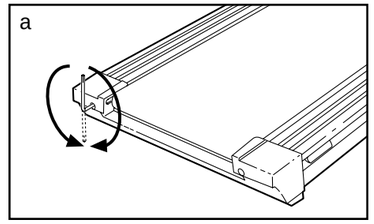
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 5–7 cm (2–3 in.) off the walking platform. Be careful to keep the walking belt centred. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



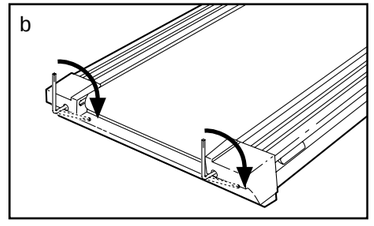
c. If the walking belt still slows when walked on, please call our Customer Service Department.

PROBLEM: The walking belt is off-centre or slips when walked on

SOLUTION: a. If the walking belt is off-centre, first remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left,** use the allen wrench to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centred.



b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 5–7 cm (2–3 in.) off the walking platform. Be careful to keep the walking belt centred. Plug in the power cord, insert the key and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



TROUBLESHOOTING

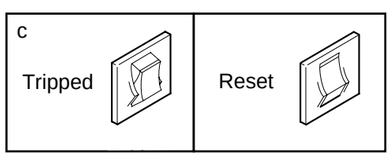
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please call our Customer Service Department.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a properly earthed outlet (see page 7). If an extension cord is needed, use only a 1 mm^2 (14-gauge) cord of 1.5 m (5 ft.) or less in length. **Important: The treadmill is not compatible with GFCI-equipped outlets.**

b. After the power cord has been plugged in, make sure that the key is fully inserted into the console.

c. Check the circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.



PROBLEM: The power turns off during use

SOLUTION: a. Check the circuit breaker located on the treadmill frame near the power cord (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in.

c. Remove the key from the console. Reinsert the key fully into the console.

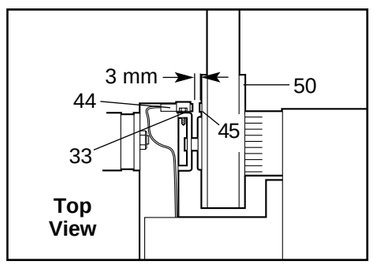
d. If the treadmill still will not run, please call our Customer Service Department.

PROBLEM: The displays of the console do not function properly

SOLUTION: a. **UNPLUG THE POWER CORD.** Check the batteries in the console. If the batteries need to be replaced, see BATTERY INSTALLATION on page 8. Most problems are the result of drained batteries.

b. Remove the key from the console and **UNPLUG THE POWER CORD.** Remove the screws from the hood, and carefully remove the hood.

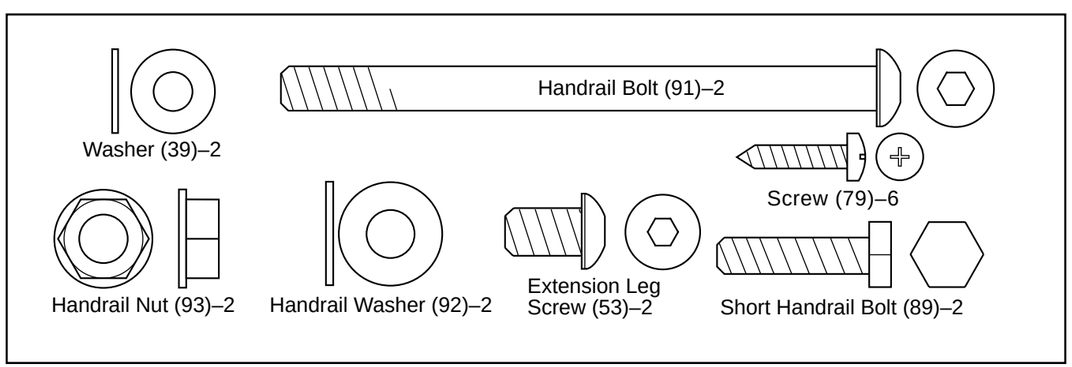
Locate the Reed Switch (44) and the Magnet (45) on the left side of the Pulley (50). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that there is a gap of about 3 mm (1/8 in.) between the Magnet and the Reed Switch.** If necessary, loosen the Screw (33) and move the Reed Switch slightly. Retighten the Screw. Re-attach the hood, and run the treadmill for a few minutes to check for a correct speed reading.



ASSEMBLY

Assembly requires two persons. Set the treadmill in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires the included allen wrench and your own phillips screwdriver , adjustable spanner , needlenose pliers , and wire cutters .**

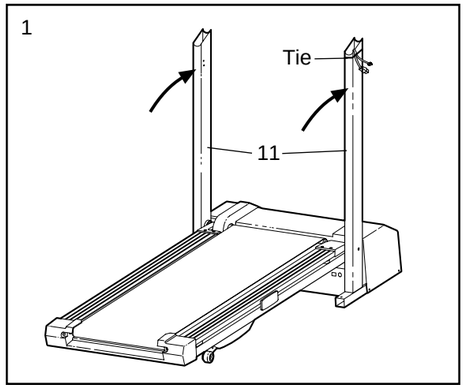
Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.



⚠ WARNING: Do not plug in the power cord until the treadmill is completely assembled.

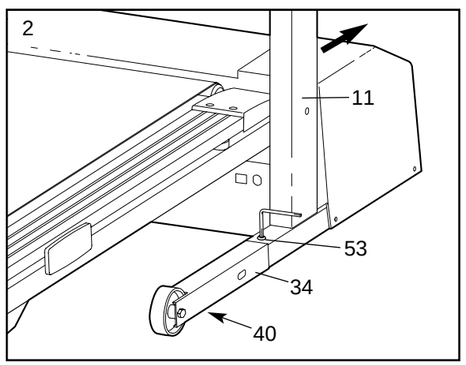
1. With the help of a second person, carefully raise the Uprights (11) until the treadmill is in the position shown.

   Cut the indicated plastic tie from the right Upright (11).



2. Insert one of the Extension Legs (34) into the treadmill as shown. (Note: It may be helpful to tip the Uprights [11] in the direction shown by the arrow as you insert the Extension Leg.) Make sure that the Base Pad (40) is on the indicated side of the Extension Leg. Attach the Extension Leg with an Extension Leg Screw (53). **Make sure to push on the head of the Extension Leg Screw whilst tightening it.**

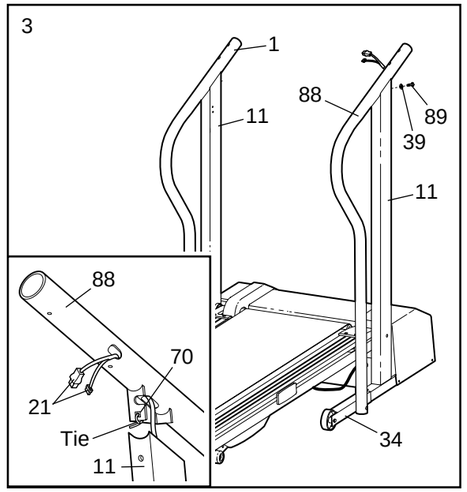
   Attach the other Extension Leg (not shown) in the same way.



3. See the inset drawing. If there is a plastic tie in the Cage Nut (70) in the Right Handrail (88), remove the plastic tie. Pull 15 cm (6 in.) of the Wires (21) out of the right Upright (11). Feed the Wires up into the Right Handrail as shown. Using needlenose pliers, pull the Wires out of the indicated hole in the Right Handrail.

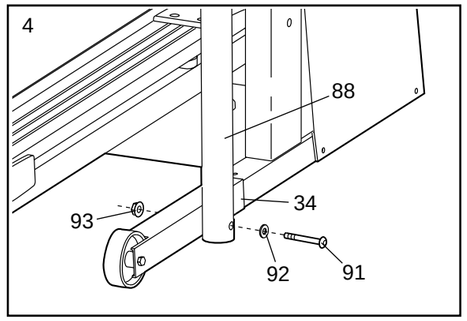
   Insert the bracket on the Right Handrail (88) into the right Upright (11), with the lower end of the Right Handrail beside the Extension Leg (34). **Tighten** a Short Handrail Bolt (89) with a Washer (39) into the upper end of the Upright.

   Attach the Left Handrail (1) as described above. Note: There are no wires in the left Upright (11).



4. Attach the lower end of the Right Handrail (88) to the Extension Leg (34) with a Handrail Bolt (91), a Handrail Washer (92), and a Handrail Nut (93) as shown. **Do not tighten the Handrail Nut yet.** Note: It may be necessary to push on the lower end of the Handrail to align the hole in the Handrail with the hole in the Extension Leg.

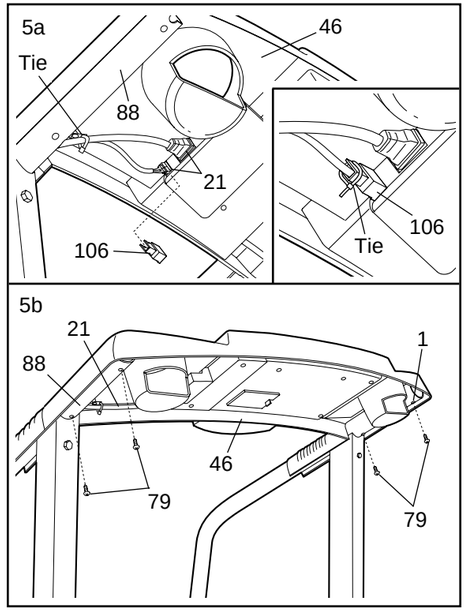
   Attach the Left Handrail to the left Extension Leg (not shown) as described above.



5. Place the Console Base (46) on the Handrails (88, 1) (only the Right Handrail is shown). Pull out just enough of the two Wires (21) to connect them to the receptacles in the Console Base. Make a loop with the indicated plastic tie and insert the end through the tie holder on the bottom of the Console Base. Locate the Wire that has a two-pin connector and a three-pin connector. Plug the connectors into the matching receptacles in the Console Base. **If the connectors do not fit easily**, **rotate them and then plug them in.** Slide the Wire Cover (106) onto the connectors so that they are completely covered. Next, plug the other Wire into the other receptacle on the Console Base. **WARNING: Do not connect or disconnect the Wires whilst the treadmill power cord is plugged in.** Tighten the plastic tie and cut off the end.

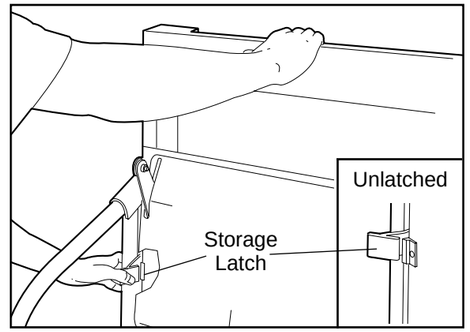
   See the inset drawing. Loop the included plastic tie around the Wire Cover (106) so that the plastic tie is in the two notches in the Wire Cover. Tighten the plastic tie and cut off the end.

   Refer to drawing 5b. Thread four Screws (79) into the Handrails (88, 1) and the Console Base (46). **Make sure that the Wires (21) in the Right Handrail are clear of the screw holes.** After all four Screws have been started, **tighten the Screws until they are snug; do not overtighten them.**

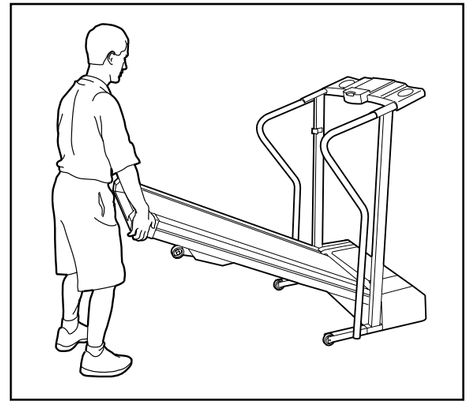


HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left thumb, press the storage latch and hold it. Pivot the treadmill until the frame is past the storage latch.



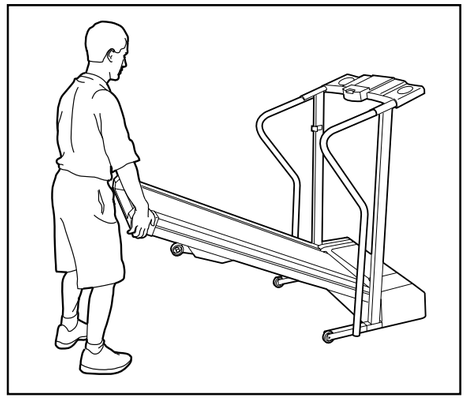
2. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **Do not drop the treadmill frame to the floor. To decrease the possibility of injury, bend your legs and keep your back straight.**



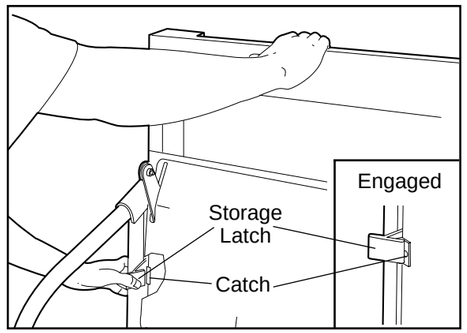
HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

Before folding the treadmill, unplug the power cord.
CAUTION: You must be able to safely lift 20 kg (45 lbs.) in order to raise, lower, or move the treadmill.



1. Hold the treadmill with your hands in the locations shown at the right. **To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill about halfway to the vertical position.



2. Move your right hand to the position shown and hold the treadmill firmly. Raise the treadmill until the storage latch closes over the catch. **Make sure that the storage latch is closed fully over the catch.**

   To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 30°C (85°F).

HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the storage latch is closed fully over the catch.**

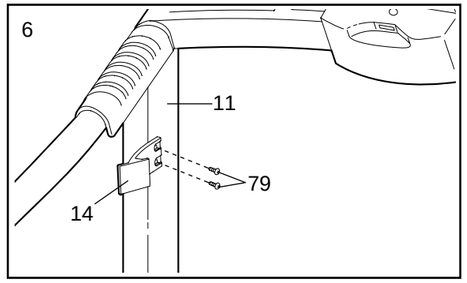
1. Hold the upper ends of the handrails. Place one foot on the base as shown.

2. Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution whilst moving the treadmill. Do not move the treadmill over an uneven surface.**

3. Place one foot on the base, and carefully lower the treadmill until it is resting in the storage position.

6. Attach the Storage Latch (14) to the left Upright (11) with two Screws (79). **Be careful not to overtighten the Screws.**

   See step 4. Tighten the Handrail Nuts (93).



7. **Make sure that all parts are properly tightened before you use the treadmill.** Keep the included allen wrench in a secure place. (The allen wrench is used to adjust the walking belt [see page 13]). To protect the floor or carpet, place a mat under the treadmill.

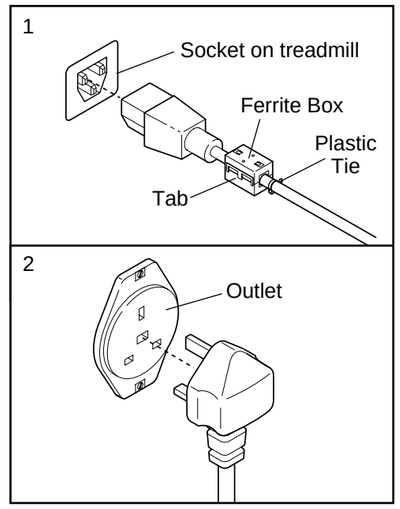
OPERATION AND ADJUSTMENT

THE PERFORMANT LUBE™ WALKING BELT

Your treadmill features a walking belt coated with PERFORMANT LUBE™, a high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

HOW TO PLUG IN THE POWER CORD

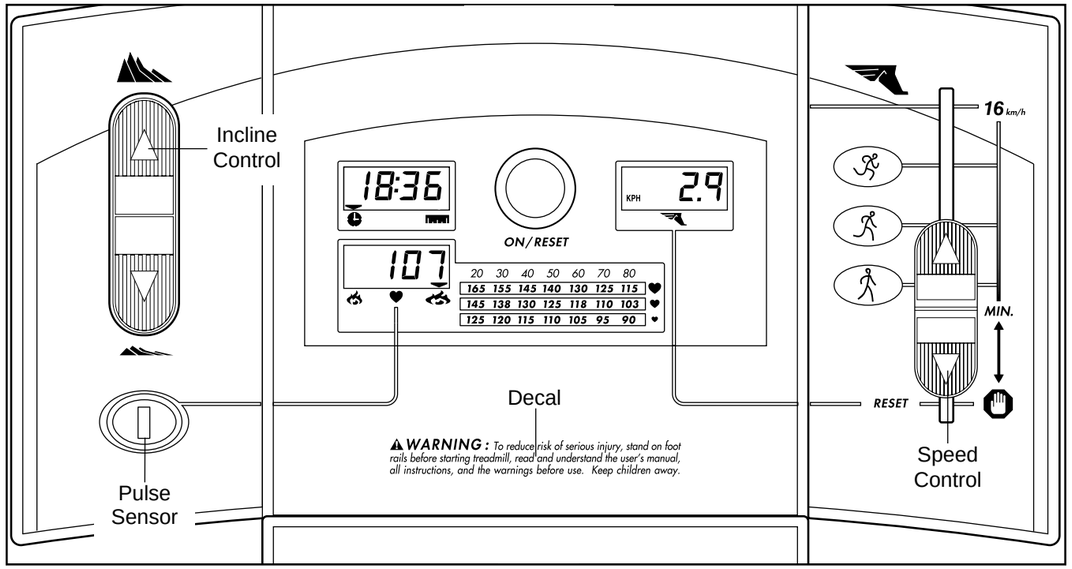
This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-earthing conductor and an earthing plug.



Two power cords are included. Select the one that will fit your outlet. Refer to drawing 1, and plug the indicated end of the power cord into the socket on the treadmill. Next, lift the indicated tab on the ferrite box and clamp the ferrite box around the power cord. The ferrite box should not be allowed to slide along the power cord. Fasten the included plastic tie just behind the ferrite box and cut off the excess plastic tie. Refer to drawing 2. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances. Note: In Italy, an adaptor (not included) must be used between the power cord and the outlet. Important: The treadmill is not compatible with GFCI-equipped outlets.

If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.

⚠DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.


Incline Control
18:36
ON/RESET
KPH 2.9
107
20 30 40 50 60 70 80
165 155 145 140 130 125 115
145 138 130 125 118 110 103
125 120 115 110 105 95 90
16 km/h
MIN.
RESET
Decal
WARNING : To reduce risk of serious injury, stand on foot rails before starting treadmill, read and understand the user's manual, all instructions, and the warnings before use. Keep children away.
Pulse Sensor
Speed Control

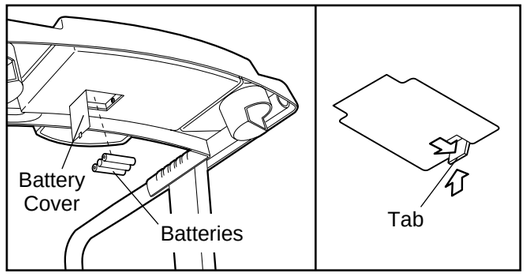
⚠ CAUTION: Before operating the console, read the following precautions.

- **Do not stand on the walking belt when turning on the power.**
- **Always wear the clip (see the drawing at the lower right) whilst using the treadmill. When the key is removed from the console, the walking belt will stop.**
- **Adjust the speed in small increments.**
- **To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and use only a sealable water bottle.**

Note: If there is a thin sheet of clear plastic on the face of the console, remove it.

BATTERY INSTALLATION

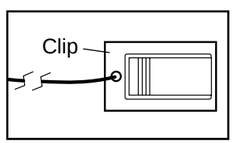
UNPLUG THE POWER CORD. The console requires three "AA" 1.5 V batteries (included). Alkaline batteries are recommended. Open the battery cover as shown in the drawing at the upper right. Insert three batteries into the console, making sure that the negative (–) ends of the batteries are touching the springs in the console.



Close the battery cover, push up on the battery cover tab, and then push the tab forward as shown in the inset drawing. Make sure that the tab locks into place.

STEP-BY-STEP CONSOLE OPERATION

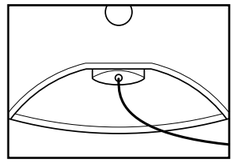
Before operating the console, make sure that the power cord is properly plugged in (see page 7).



Stand on the foot rails of the treadmill. Find the clip attached to the key and slide the clip onto the waistband of your clothes. Next, insert the key into the console. **Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip.**

Follow the steps below to operate the console.

1 Insert the key fully into the console.



Inserting the key will not turn on the displays. The displays will turn on when the ON/RESET button is pressed or when the walking belt is started. Note: If you just installed batteries, the displays will already be on.

2 Reset the speed control and start the walking belt.

Slide the speed control down to the RESET position. **Note: Each time the walking belt is stopped, the speed control must be moved to the RESET position before the walking belt can be restarted.**

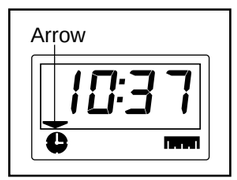
Next, slowly slide the speed control upward until the walking belt begins to move at slow speed. Carefully step onto the walking belt and begin exercising. Change the speed of the walking belt as desired by sliding the speed control.

To stop the walking belt, step onto the foot rails and slide the speed control to the RESET position.

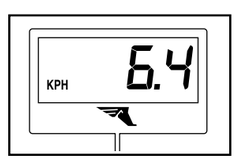
3 Adjust the incline of the treadmill as desired.

To change the incline of the treadmill, press the top or bottom of the incline control until the desired incline level is reached.

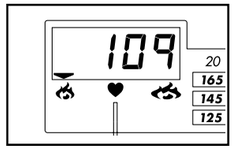
4 Follow your progress with the three displays.



Time/Distance display—This display shows the elapsed time and the distance that you have walked or run. Every few seconds, the display will change from one number to the other, as shown by the arrows.



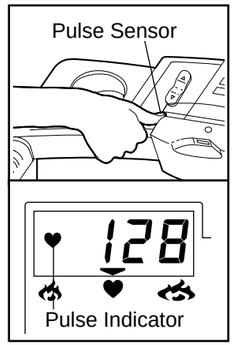
Speed display—This display shows the speed of the walking belt.



Calories/Fat Calories/ Heart Rate display—This display shows the approximate numbers of *calories* and *fat calories* you have burned. (See FAT BURNING on page 14.) Every few seconds, the display will change from one number to the next, as shown by the arrows. This display will also show your heart rate when the pulse sensor is used (see step 5).

To reset the displays at any time, press the ON/RESET button.

5 Measure your heart rate, if desired.



To measure your heart rate, stand on the foot rails and place your thumb on the pulse sensor as shown. The pulse sensor is pressure activated—fully press it down. **Do not press too hard, or the circulation in your thumb will be restricted, and your pulse will not be detected.** Next, raise your thumb slightly until the heart-shaped indicator in the Calories/Fat Calories/Heart Rate display flashes **steadily**. Hold your thumb at this level. After a few seconds, three dashes will appear in the display and then your heart rate will be shown. Hold your thumb on the sensor for another 15 seconds for the most accurate reading. If the displayed heart rate appears to be too high or too low, or if your heart rate is not displayed, lift your thumb off the sensor and allow the display to reset. Press down again on the sensor as described above.

Try the sensor several times until you become familiar with it. Remember to stand still whilst measuring your heart rate.

6 Remove the key from the console.

When you are finished exercising, step onto the foot rails, slide the speed control to the RESET position, and remove the key. The displays will turn off after a few minutes. **Note: Any time that the walking belt is stationary and the console is not used for a few minutes, the displays will turn off automatically.**

PART LIST—Model No. WETL31020

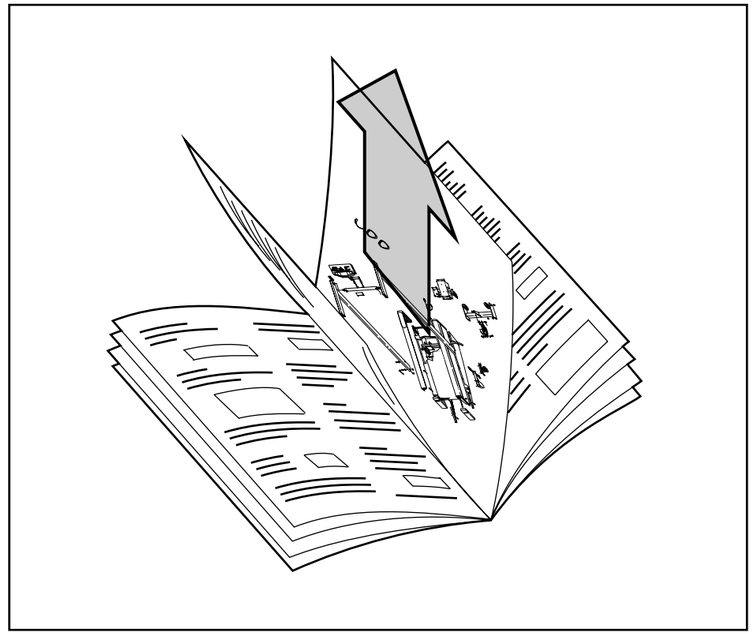
R0802A

No.	Qty.	Description	No.	Qty.	Description	No.	Qty.	Description
1	1	Left Handrail	39	5	Washer	79	8	Endcap Screw/ Console Screw
2	1	Key/Clip	40	4	Base Pad			
3	2	Incline Leg Pivot Bolt	41	1	Frame Spacer (Right)	80	1	High Voltage Cover
4	1	Battery Cover	42	1	Latch Catch	81	1	Ground Wire
5	2	Foot Rail	43	1	Reed Switch Clip	82	1	Incline Leg
6	1	Lift Motor	44	1	Reed Switch	83	2	Rear Roller Adj. Bolt
7	1	Rear Roller	45	1	Magnet	84	1	Rear Endcap
8	1	Speed Potentiometer	46	1	Console Base	85*	2	Extension Leg Assembly
9	1	Speed Control Knob	47	1	Frame Spacer (Left)			
10*	1	Console Assembly	48	4	Platform Screw	86	1	Ground Star Washer
11	1	Upright	49	2	Centre Isolator	87	2	Belly Pan Screw
12	1	Motor Belt	50	1	Front Roller/Pulley	88	1	Right Handrail
13	7	Screw	51	1	Front Roller Adj. Bolt	89	2	Short Handrail Bolt
14	1	Storage Latch	52	2	Incline Wheel	90	2	Front Endcap
15	6	Controller Screw	53	2	Extension Leg Screw	91	2	Handrail Bolt
16	7	8” Cable Tie	54	1	Euro Power Cord Set	92	2	Handrail Washer
17	4	Incline Leg Pivot Nut	55	1	Receptacle	93	2	Handrail Nut
18	1	Pulley/Flywheel/Fan	56	1	Circuit Breaker	94	1	Incline Motor Bolt
19	1	Motor	57	2	Frame Pivot Washer	95	2	Front Isolator
20*	1	Motor/Pulley/Fly-wheel/Fan	58	2	Frame Pivot Bolt	96	4	Long Belly Pan Screw
			59	1	Latch Decal	97	1	Motor Sleeve
21	1	Wires	60	1	Motor Belly Pan	98	2	Motor Bushing
22	3	Motor Pivot Nut	61	2	Cable Tie Clamp	99	2	Wheel Nut
23	1	Motor Hood	62	2	Rear Platform Screw	100	1	Ground Screw
24	1	Hood Shield	63	3	Releasable Tie	101	1	Electronic Bracket
25	15	Small Screw	64	1	Filter	102	1	Ground Nut
26	1	Controller	65	2	Belt Guide	103	1	Filter Wire
27	1	Motor Swivel Bolt	66	10	Front Belly Pan Screw	104	3	Nylon Washer
28	1	Motor Tension Nut	67	1	Walking Belt	105	1	Choke
29	1	Motor Tension Star Washer	68	1	Walking Platform	106	1	Wire Cover
			69	1	Belly Pan	107	1	Ferrite Clamp
30	1	Motor Tension Washer	70	2	Cage Nut	#	1	4” White Wire, 2 F
31	2	Motor Tension Bolt	71	1	Incline Wire Harness	#	1	14” Wire Harness, 2 Wire
32	1	Incline Stop Bracket	72	1	Upright Grommet			
33	4	Belt Guide Screw	73	4	Isolator Screw	#	1	4” Black Wire, M/F
34	2	Extension Leg	74	1	Allen Wrench	#	1	4” Green/Yellow Wire, F/Ring
35	1	Belt Bracket	75	1	Frame			
36	2	Wheel Bolt	76	1	Book Rack	#	1	User’s Manual
37	2	Wheel	77	2	Incline Wheel Bolt			
38	4	Wheel Nut/Lift Nut	78	1	Console Screw			

* Includes all parts shown in the box
\# These parts are not illustrated

REMOVE THIS EXPLODED DRAWING AND PART LIST FROM THE MANUAL

Save this EXPLODED DRAWING and PART LIST for future reference.



Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of the User’s Manual.

EXPLODED DRAWING—Model No. WETL31020

R0802A